



Living with Cancer Chemotherapy

Warren Grant Magnuson Clinical Center
National Institutes of Health

Anemia

Anemia is a condition that occurs when your red blood cell count is low. Red blood cells are the cells that carry oxygen to other cells and organs. When your red blood cell count is low, you may have symptoms of anemia.

Watch for: Shortness of breath, dizziness, or excess tiredness

Call your nurse or doctor **immediately** if you have

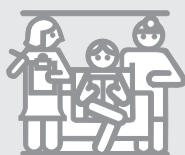
- shortness of breath or dizziness upon standing
- chest pain or rapid heart beat
- excess tiredness
- headache
- ringing in ears
- any new or unexpected symptoms

General precautions:

- Drink plenty of fluids.
- Adjust your activity according to how you feel.
- Rest frequently during the day.
- Change positions slowly to avoid getting dizzy.

**Prevention/
treatment for
problem areas:**

- Eat a well-balanced diet to improve feelings of well-being.
- A red blood cell transfusion may be ordered by your doctor to increase your red blood cell count.



This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

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